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NEW YORK CITY NO. 1 FREE DAILY IN THE

Tuesday, November 21, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

BLACK FRIDAY

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PHOTOS PROVIDED BY MCR DEVELOPMENT

WELCOME TO METRO US



KIMBERLY M. AQUILINA, WEB REPORTER

While many of us bemoan grocery shopping, holiday cooking and preparing for family, 42 million Americans struggle with hunger, according to the USDA. Gov. Andrew Cuomo's office announced 32,000 New Yorkers statewide will have something to give thanks for this week. For more on the generous meal donations, check out metro.us/news.

US TO SUE TO BLOCK AT&T AND TIME WARNER DEAL

The U.S. Department of Justice will file a lawsuit on Monday to block AT&T Inc.'s \$85.4 billion acquisition of Time Warner Inc. The legal challenge was expected after AT&T rejected a demand by the Justice Department earlier this month to divest its DirecTV unit or Time Warner's Turner Broadcasting — which contains news network CNN — in order to win antitrust approval. AT&T's chief

executive said then that he would defend the deal in court to win approval if necessary. The No. 2 U.S. wireless carrier struck a deal in October 2016 to buy Time Warner, which also owns the premium channel HBO and movie studio Warner Bros., in order to compete with emerging technology companies by bundling video entertainment on its mobile service.

US DESIGNATES N. KOREA A STATE SPONSOR OF TERROR

President Donald Trump designated North Korea a state sponsor of terrorism on Monday, allowing the United States to impose additional sanctions and penalties against Pyongyang as it continues to pursue nuclear weapons programs. The Republican president, who has traded personal barbs and insults with North Korean leader Kim Jong Un, said the Treasury Department will an-

nounce the additional sanctions against North Korea on Tuesday. The designation came a week after Trump returned from a 12-day, five nation trip to Asia in which the U.S. president made containing North Korea's nuclear ambitions a centerpiece of his discussions with world leaders. "Today, the United States is designating North Korea as a state sponsor of terrorism," Trump told reporters at the White House.



DEMONSTRATION

University of Zimbabwe students take part in a demonstration on Monday in Harare, to demand the withdrawal of Grace Mugabe's doctorate and refused to sit their exams as pressure builds on Zimbabwe's President Robert Mugabe to resign. Zimbabwe's president faced the threat of impeachment by his own party on Monday after his shock insistence he still holds power in Zimbabwe despite a military takeover and a noon deadline to end his 37-year autocratic rule.

TRUMP CALLS FOR LYNCH SUSPENSION FROM NFL

President Donald Trump on Monday said Oakland Raiders running back Marshawn Lynch should be suspended by the NFL if he continues to protest during the national anthem after Lynch sat during a rendition of the song before Sunday's game in Mexico City. Lynch and other NFL players have taken a knee or sat during the anthem as a way to protest police brutality

and racial inequality in the U.S. Trump has called their actions disrespectful to the country and in the past has said protesting players should be fired. After sitting during the "Star-Spangled Banner," the five-time Pro Bowler rose for the Mexican national anthem while getting equipment put on. The Raiders went on to lose 33-8 to the New England Patriots at Estadio Azteca.

ROSE SHOWS SUSPENDED AFTER ALLEGATIONS

Television shows hosted by Charlie Rose on Monday were suspended by CBS, PBS and Bloomberg following a report by the Washington Post in which eight women say he sexually harassed them. PBS and Bloomberg said in statements that they were suspending Rose's signature interview show, distributed on both outlets, citing the allegations in the newspaper story. A CBS News



spokeswoman told Reuters that Rose has been suspended and a statement is forthcoming from the network. Rose in a statement apologized for what he called his "inappropriate behavior," but said he didn't believe all the allegations against him were accurate.

TONY'S METRO MAGIC 2017



As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish-list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.

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CITY DESIGN MARTTI RYTKÖNEN

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According to Citymeals on Wheels, more than 167,000 seniors over 60 lack reliable access to affordable, healthy food. **BESS ADLER**

Citymeals feeds New York's aging 'hidden hungry'

Since its founding, the nonprofit has delivered 56 million meals.



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Petrillo has been in the same apartment for 31 years and has been receiving Citymeals since she fell and broke her wrist more than three years ago. Between that and the cane she needs, she was no longer able to carry her own groceries.

"Because of Citymeals, I'm able to live independently — it's a big part of my freedom," she said. "I really do count on it. It's a blessing."

Petrillo and other Citymeals recipients "are examples of our 'hidden hungry,'" Shapiro said. "They've been there for years, and we don't see them. They're not out on the street, but they are the ones who built this city for you, for me and everyone else who's here."

"It's heartbreaking — but it feels really great to know how much you've done for them," she added.

Over the past decade, Shapiro has seen a continual increase in the elderly population and hunger within it, both of which are here to stay.

"By 2040, there will be a 40 percent growth in that age demographic," she said. "Actually, for the first time in history, older people will outnumber children, which is a drastic change when you think about how that shift affects us culturally."

For more info or to volunteer, visit citymeals.org.

Thanksgiving is a time many New Yorkers likely spend hours around a food-laden table with countless loved ones. But for some of our neighbors, especially the city's growing elderly population, the holiday can be lonely — and hungry.

According to Citymeals on Wheels, more than 167,000 seniors over 60 lack reliable access to affordable, healthy food. Since the nonprofit began in 1981, 56 million nutritionist-approved meals have been delivered to needy seniors throughout the five boroughs — but its busiest day is Thanksgiving, with about 620 staffers and volunteers hand-delivering 21,000 meals last year.

"Holidays are a particularly lonely time for people who have outlived their friends, family, even their own children, so we find it really one of the most important days of the years for us," Citymeals Executive Director Beth Shapiro told Metro.

For Upper East Side resident Irene Petrillo, who will turn 99 on Dec. 10, having Citymeals deliver on Thanksgiving is "very convenient and lovely." If she didn't get the well-balanced packaged meal, "I'd probably open a can of something or have spaghetti," she said.



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Citymeals on Wheels recipient Irene Petrillo, who will turn 99 on Dec. 10, greets staff member Anthony Concepcion during a recent delivery. **BESS ADLER**



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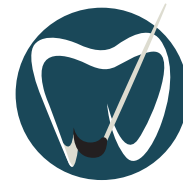
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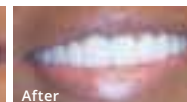
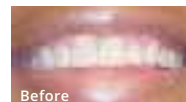
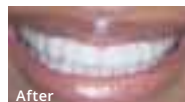
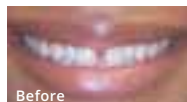
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Riders Alliance asks riders to visit CuomosMTA.com to request a kit of their own and sign a petition asking the governor to "fix our crumbling subways." **RIDERS ALLIANCE**

New York's Riders Alliance aims to remake frustrated straphangers into activists

The advocacy group released Subway Delay Action Kits to encourage riders to make their voices heard.



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Just about every New Yorker has been there,

stranded on a subway platform or train with their anger mounting at yet another delay. Now, Riders Alliance is encouraging those straphangers to make their frustrated voices heard all the way to Albany.

The grassroots transit advocacy group on Monday began distributing thousands of its Subway Delay Action Kits to show New Yorkers how they, too, can become transit activists.

The kits urge straphangers to use #CuomosMTA and #FixTheSubway when they are stuck on a train or in a station and to tag Gov. Andrew Cuomo, who controls the aged and beleaguered MTA, in their tweets.

Riders Alliance also asks riders to visit CuomosMTA.com to request a kit of their own and sign a petition asking the governor to "fix our crumbling subways."

The petition asks Cuomo to restore reliable service, increase capacity, improve communication with riders and find and pass a "fair and sustainable funding source" ahead of the 2018 legislative session.

The Subway Delay Action Kit release comes on the heels of last

week's MTA report that showed subway delays have tripled since 2012. In September, the most recent month for data, there were more than 58,000 weekday delays. The monthly average five years ago was about 20,000.

"A poorly timed subway delay can throw my entire day into a tailspin," said Riders Alliance member Lauren Houston of Flatbush. "But now, when we're stuck on the subway, we can put our extra time to good use by organizing our fellow riders to take their complaints right to Gov. Cuomo. ... I plan to distribute these kits to hundreds of subway riders, and I hope everyone will use these instructions to channel their anger into action and accountability."

Murali Chigurupati of Washington Heights joined Riders Alliance after her daughter just missed the A train that derailed in June.

"That's when I decided to become an activist. It's too much," she said. "Gov. Cuomo needs to listen to all of us who are stuck on the subway and come up with a real plan to fix the MTA. Our lives depend on it."

"I hope everyone will use these instructions to channel their anger into action and accountability."

Lauren Houston



Riders Alliance released its Subway Delay Action Kits on Monday to urge straphangers to let Gov. Andrew Cuomo know they're frustrated. **RIDERS ALLIANCE**

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TWA Hotel at JFK right on schedule, developer says

"I think it's one of the most important buildings in America," MCR's Tyler Morse said of Eero Saarinen's iconic terminal.



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It's been quite some time since JFK Airport was known as Idlewild, its name from 1948 through 1963, when it was renamed for assassinated President John F. Kennedy. But the forthcoming TWA Hotel in the long-vacant iconic and historic TWA terminal will bring back a lot of that fabulous bygone era with state-of-the-art amenities.

"I think it's one of the most important buildings in America. I just love being part of it," Tyler Morse, CEO of developer MCR, told Metro. "Our ob-

jective was to bring this building back to what it was in 1962. Being able to refashion this for the public again is an extraordinary opportunity."

Construction on the 505-room hotel, which Morse said is on schedule to open in early 2019, has been challenging, as crews have had to not only work around the existing Eero Saarinen-designed terminal, which has sat vacant since 2001, but also modernize the building.

"The building was never properly air-conditioned back in the day, that had to do with its iconic design," he said. "Redesigning that in a way that can't be seen so the historic building maintains its integrity was incredibly important — and created a lot of design challenges."

Another test came with transforming a 1956 Lockheed Constellation



A rendering of the TWA Hotel at JFK. MCR DEVELOPMENT

from a plane into a bar and restaurant. The Connie, as it is known, needs to meet building and fire codes and get power without the engines running as they would if it was a plane, Morse said.

Work on the hotel will be "topping out" soon, Morse said, meaning that crews will have reached the building's highest point.

While there's still more than a year before the TWA Hotel and TWA-themed museum open at JFK, New Yorkers can get a taste of the past — and

hotel future — on the 86th floor of One World Trade Center.

The TWA Lounge features a replica of the sunken, vibrant red lounge from Saarinen's terminal, which is being restored for the hotel. It also includes a functioning Solari departure board, scenic telescopes, more than a dozen of David Klein's iconic TWA travel posters and lots of memorabilia, including "the most extensive TWA uniform collection that's in existence anywhere," Morse said.

The TWA Lounge on the 86th floor of One World Trade Center replicates the TWA terminal's iconic sunken lounge and signature red color. EMILY GILBERT



One of the TWA uniforms on display at the TWA Lounge in One WTC. NIKKI M. MASCALI

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MKT 17.183v2

Here are the MTA's Thanksgiving subway and bus scheduling changes

From some free service and vintage rides to schedule changes, here's what to expect if you're using mass transit to get home for the holiday.



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Thanksgiving week is upon us to get the 2017 holiday season officially underway, and with the

holiday comes changes to MTA service.

From some free bus service to vintage rides, here's what to expect this week as you're trying to get home for the holiday using the city's

mass transit.

Q70

With AAA predicting that roughly 49 million Americans will travel at least 50 miles for Thanksgiving, the city's roadways are

sure to be a nightmare. To help ease congestion, the MTA is offering free rides on the Q70 Select Bus Service LaGuardia Link. The free fares kicked off on Friday and will continue through Sunday. The Q70 connects the 7, E, F, M and R subways and the Long Island Rail Road to LaGuardia's B, C and D terminals.

Though you may be riding for free, be sure to give yourself ample time to get to the airport.

LIRR/Metro-North

Both railroads will have extra early afternoon train service Wednesday, and from Thursday to Sunday, they will offer off-peak fares and additional trains.

Subways

The subway system will run on a Sunday schedule on Thanksgiving Day.

The 57th Street F train station will be closed for entry and exit from 7 a.m. to 11 a.m. To avoid overcrowding, some entrances at 34th Street-Herald Square (B, D, F, M, N, Q, R and W); 34th Street-Penn Station (1, 2, 3); 59th Street-Columbus Circle (1, A, B, C, D) and 72nd Street (B, C) will be closed or designated as exit-only.

For those interested in being in the thick of the Macy's Thanksgiving Day Parade, the nearest subway stations to the start of the route are 79th Street (1), 81st Street (B, C) and Columbus Circle (1, A, B, C, D). There will be additional morning service on the 1 and S 42nd Street Shuttle.

Buses

Buses will operate on a Sunday schedule on Thanksgiving Day, and riders should check that schedule at mta.info as many routes do not have

Sunday service or do not operate at certain hours.

As the M7, M10, M11 and M79 SBS run near the Thanksgiving Day Parade route, passengers can expect delays in those areas.

Friday will operate under normal weekday schedules, though the agency warned of "some exceptions." Check mta.info for specifics.

Vintage subway

Thanksgiving weekend kicks off the MTA's annual holiday tradition of running vintage buses and subways for just the swipe of a MetroCard.

On Sundays from Nov. 26 through Christmas Eve, the eight-car "Shoppers Special" will operate on the Second Avenue Subway line from the 96th Street Q station to Lexington Avenue/63rd Street F and Q station. It will then make local stops along the Sixth Avenue B, D, F and M line to the 2nd Avenue F stop. The first run leaves at 10 a.m. from Second Avenue and the last departs 96th Street at 5 p.m.

Vintage buses

Starting on Monday, Dec. 4, the MTA's vintage bus fleet on the M42 route will run through Dec. 22, operating on the cross-town route weekdays between 9 a.m. and 5 p.m.

Staten Island Railway

The SIR will offer earlier express train service Wednesday beginning at 2:30 p.m. from St. George Ferry Terminal. There will be one express and one local train awaiting every ferry until 7:50 p.m.

The SIR will run on a Saturday schedule on Thanksgiving Day.

Visit mta.info for complete status updates.

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Here's what you need to know if you're using the MTA to get home for the holidays this Thanksgiving. FLICKR/MTA

Report: Trump administration will move to end net neutrality over Thanksgiving

A holiday news dump could change the face of the internet as we know it.



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The head of the Federal Communications Commission will announce a plan to overturn net neutrality on Wednesday, while most Americans are distracted by the day before Thanksgiving.

FCC head Ajit Pai, a Trump appointee, wants to overturn President Obama's landmark regulation of the internet as a public utility, preventing internet-service providers from blocking, slowing or charging more for access to content of their choosing. On Wednesday,

Pai will set a final vote on the matter for Dec. 14, reports Reuters.

Net neutrality advocates find the timing to be suspect. "There's a reason that Pai is releasing a plan that he knows will be overwhelmingly unpopular with voters from across the political spectrum on one of the busiest travel days of the year when many journalists are out of the office," Evan Greer, campaign director of Fight for the Future, told Mashable.

The principle behind net neutrality is that all data is equally accessible, preventing big companies from paying more for preferential treatment and squeezing consumers and small businesses. Pai is an outspoken opponent of net neutrality, claiming it

amounts to government control of the internet.

He opened a public-comment period in May, which drew more than 22 million comments and stoked allegations that the field was tainted with automatic submissions.

The FCC ignored requests to disclose records and is facing a lawsuit over it. Meanwhile, a study found that nearly 100 percent of non-automated comments opposed plans to overturn net neutrality,

Ars Technica reported in August.

In July, a group representing major technology companies including Facebook and Google parent company Alphabet asked Pai to drop his plans.

"We'll learn the gory details in the next few days, but we know that Pai intends to dismantle the basic protections that have fueled the internet's growth," net neutrality advocate group Free Press said.



The head of the FCC wants to overturn President Obama's landmark regulation of the internet as a public utility. GETTY IMAGES

KEYSTONE PIPELINE

Nebraska clears path for Keystone XL pipeline, challenges remain

Nebraska regulators approved a route for TransCanada Corp's Keystone XL pipeline through the state on Monday, removing a big regulatory obstacle for the long-delayed project backed by President Donald Trump but leaving its future shrouded in legal and market uncertainty.

The 3-2 vote by the Nebraska Public Service Commission helps clear the way for the pipeline linking Canada's Alberta oil sands to refineries in the United States. But opponents have promised to tie the project up in court for years and TransCanada is still studying its commercial viability after a surge in U.S. drilling that has cut crude oil prices roughly in half since the pipeline was first proposed.

"We are going to fight like hell to make sure this pipeline never gets built," said Jane Kleeb,

the head of anti-pipeline political advocacy group Bold Nebraska.

The commission's approval was not for TransCanada's most preferred route, but for a more costly alternative that would add 5 miles of pipeline, along with an additional pumping station and related transmission lines. States and federal officials said it was unclear if the route required any additional permits that the preferred route already had.

Alberta Premier Rachel Notley said the pipeline "will mean greater energy security for all North Americans."

The proposed line, which would run about 1,180 miles from Hardisty, Alberta, to Steele City, Nebraska, has long been a lightning rod of controversy. Environmentalists have made it into a symbol of their broader fight against fossil fuels and global warming. Business groups and Trump, meanwhile, say it could lower fuel prices and create employment. REUTERS

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Date: Wednesday, November 29, 5:00–7:00 pm.

Presenters: Gregory Beatty, MD, PhD; Jessica Everett, MS, CGC; Lauren Khanna, MD; Victoria Manax, MD; George Miller, MD; Diane Simeone, MD.

Location: NYU Langone Health.
550 First Avenue, Farkas Auditorium.

Info: This lecture is free and open to the public, but you must RSVP. To attend, email cancerevents@nyumc.org or call 212-263-2266.

PERLMUTTER CANCER CENTER



Report: McMaster called Trump an 'idiot' with intelligence of a 'kindergartner'

National Security Adviser H.R. McMaster called President Trump an "idiot" and a "dope," with the intelligence of a "kindergartner," a report in BuzzFeed News says.

The comments were dispensed during a July dinner with Oracle CEO Safra Katz, said BuzzFeed, citing five sources, including four who had heard about it directly from Catz. A sixth person claimed McMaster made similar comments, saying the president "lacked the necessary brainpower to understand the matters before the National Security Council," said BuzzFeed.

It is not the first report about Trump's simple-mindedness on the world stage. In October, NBC News reported that Secretary of State Rex Tillerson called Trump a "moron" during a meeting at the Pentagon. In May, Foreign Policy magazine reported that during Trump's first NATO summit, speakers were limited to four



National security adviser H. R. McMaster allegedly insulted President Trump's intelligence. GETTY IMAGES

minutes each, to cater to the president's short attention span. "It's like they're preparing to deal with a child," a source told the magazine.

According to the BuzzFeed report, McMaster let it fly during a dinner with Catz on July 18 at the Washington, D.C., restaurant Tosca, where the national security adviser also complained about Trump administration members Tillerson, Secretary of Defense James Mattis, former White House chief strategist Steve Bannon, and President Trump's son-

in-law and senior adviser Jared Kushner. McMaster said Kushner had no business being in the White House and shouldn't be involved in matters of national security. "[Catz] said the conversation was so inappropriate that it was jaw-dropping," a source told BuzzFeed News.

On Monday, McMaster's alleged dishing drew giggles on social media, along with some suspicion.

While the observations were unsurprising to those who have a history of being able to see and hear the president, the speaker was a bit of a shock: McMaster has a reputation as a serious, taciturn professional. "I have serious questions about this story," tweeted CNBC's Christina Wilkie. "People who know McMaster say he would never sabotage himself like this."

Officials from Oracle and the Trump administration denied the story.

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Baby Boomers Benefitting From Knee Arthritis Treatment

How Cutting-Edge Treatments and Technology Are Helping Knee Arthritis Sufferers

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . **Because They Are**

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The **NYC Pain MD** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patients ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at **NYC Pain MD** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." William La Spina . Golf Enthusiast

(While **NYC Pain MD** cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary. patient to patient.)

Why Treatment Can Fail

This is why viscosupplementation can fail for some people. It is also why many knee arthritis sufferers come to **NYC Pain MD** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at **NYC Pain MD**.

Patients Should Be Assured About Precsion Treatments

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imagining and then not use it during the treatment procedure.!!! **This means the doctor did not actually see if the lubricating gel went exactly where it was intended.** The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging **during the entire procedure.** You can actually see the lubricating gel as it goes where it in needed. **If you did not actually see it on the digital imaging screen - you do not know for sure if you actually got the proper treatment.**

If you are going to have this treatment, make sure you ask your doctor if special digital imagining is used **THROUGHOUT THE ENTIRE PROCEDURE.** Not just in the beginning. If you have already had this procedure without this advanced imaging... Or if it was only used in the beginning... There is a good chance you did not get the results you could and should have.

"Clearly, technology is only as good as the doctors using it ... and clearly experience matters"

That's why, if you need heart surgery, you go to a heart surgeon... Not a general practitioner. At **NYC Pain MD** you will be seen by doctors who are specially trained in this procedure... Do it every day... and see thousands of patients every year. The latest technology combined with experienced and skilled doctors gets the best results possible.

Who Is This Treatment For?

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possible lessen or eliminate your pain. This treatment

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may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic visible signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at **NYC Pain MD** could be the answer you are looking for. **This is important - this is especially for you if you have had viscosupplementation in the past without good results.**

Many patients who did not have good results elsewhere are often able to get very favorable results because of the advanced technology and procedure experience at **NYC Pain MD**. In fact, some patients have decided to cancel knee surgery and others go back to the active life-style they had before it was stolen by all the pain.

How To Find Out If The Experts At NYC Pain MD Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at **NYC Pain MD** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case.

To set up a complimentary screening, just call 800-741-5340. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screenings per month. They decided to limit the number because they believe in giving every patient the individual time they deserve. If you have ever been to a doctor's office and been rushed or treated like a number - **NYC Pain MD** is different. We would consider this like a "throwback" to the old days of medicine. Before the days when HMO's and insurance companies (and now Obamacare) turned medicine into a business only and made it so difficult to care for patients the best way possible. If you are looking for a state-of-the-art medical clinic with "old school" ethics and values and treats patients



The Secret To Knee Pain Relief? With advances in medical science and technology the doctors at **NYC Pain MD** have been able to help thousands relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. **NYC Pain MD** receives hundreds of patients calls weekly... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination

and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you. Zero risk or obligation. Just call **800-741-5340**. Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

The secret to success: Technology with Caring Doctors: NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.

like the good 'ole days... then **NYC Pain MD** may be just what you've been looking for. Just call 800-741-5340 and secure your no obligation screening before someone else gets your spot. The risk is nothing. The potential is getting your pain-free life back.

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Former New York state official sued over alleged sex harassment

The lawsuit describes sexually harassing text messages, phone calls and emails.

A former New York state employee has filed a federal lawsuit alleging she was sexually harassed by a onetime political appointee of Gov. Andrew Cuomo, part of a wave of

such accusations leveled in recent weeks against public figures.

Lisa Cater, a former Department of Motor Vehicles employee, filed suit in Manhattan's federal

court against William Hoyt, a former regional head of the state's economic development agency, as well as Cuomo, the agency and New York state.

The lawsuit, filed on Saturday, contends that the Cuomo administration ignored repeated complaints by her against Hoyt, a married former state assemblyman. She said Hoyt had groped her and made numerous unwanted sexual advances for about a year starting in November 2015.

Hoyt, who Cuomo appointed to the development post in 2011, stepped down in late October as the state conducted an investigation. His attorney, Terrence Connors, did not respond to a request for comment.

Connors told the Newsday newspaper his client "has previously acknowledged and expressed regret for a short term, consensual relationship with Ms. Cater," but called the allegations in her lawsuit "inconsistent."

"If she persists with this lawsuit, we will seek dismissal at the earliest stage," Newsday quoted Connors as saying in an e-mail.

Alphonso David, Cuomo's chief counsel, said in an emailed statement that New York state had launched three investigations into the Buffalo resident's allegations against Hoyt, a former

regional president of the Empire State Development Corp.

"Any assertion to the contrary is patently and demonstrably false, and as such, we expect this matter to be summarily dismissed," David said.

The lawsuit alleges that Hoyt sent Cater sexually harassing text messages, phone calls and emails after arranging a secretarial job for her at the Motor Vehicles Department in late 2015.

Cater agreed to a \$50,000 payment from Hoyt in late 2016 as part of an settlement that included staying quiet about his alleged harassment, it said.

Cater's suit is one of the latest in a wave of allegations of sexual misconduct against an increasing number of political and entertainment figures.

A radio broadcaster last week accused Democratic U.S. Senator Al Franken of Minnesota of groping her and forcing a kiss on her in 2006. Roy Moore, a Republican U.S. Senate candidate in Alabama, has been accused of having sexual contact with teenage girls decades ago.

Franken has apologized and Moore has denied the accusations.

REUTERS

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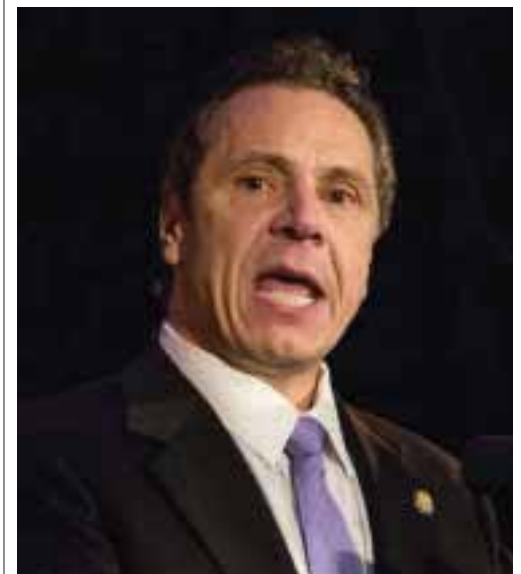
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A onetime political appointee of Gov. Andrew Cuomo (pictured) has been charged with sexual harassment. GETTY IMAGES

Hundreds of Las Vegas mass shooting victims file lawsuits in California court

Several lawsuits have previously been filed in the shooting, mostly in Nevada state court.

Hundreds of victims of the Oct. 1 mass shooting in Las Vegas filed five lawsuits on Monday in a California court against the operators of the hotel where the gunman fired, the organizers of the music festival he targeted and the killer's estate.

The largest of the lawsuits was filed on behalf of 450 people who were either injured in or witnessed the shooting, while the other four were brought by families of people who were killed or severely injured.

All five cases were filed in Los Angeles Superior Court.

Muhammad Aziz, a Houston-based lawyer heading the lawsuits, said they were filed in California because nearly all the plaintiffs were from the state and had been treated there. He noted that Live Nation Entertainment Inc., the event organizer, was a California-based company.

Stephen Paddock, 64, fired into the crowd gathered for the Route

91 Harvest Festival from a 32nd-floor hotel suite at the Mandalay Bay Hotel in Las Vegas on Oct. 1, killing 58 people and injuring hundreds more, the worst mass shooting in modern U.S. history. Paddock also killed himself.

The victims accused the hotel operator MGM Resorts International and its subsidiary Mandalay Corp., which owns the hotel, of failing to properly monitor Paddock's activities, train staff members and employ adequate security measures.

The festivalgoers also alleged Live Nation was negligent for failing to provide adequate exits and properly train staff for an emergency.

Several lawsuits have previously been filed in the shooting, mostly in Nevada state court. One of those filed on Monday was brought by college student Paige Gasper, who brought the first lawsuit over the mass shooting.

Gasper voluntarily dismissed the Nevada lawsuit on Friday.

Live Nation and MGM did not immediately respond to a request for comment. The companies have previously declined to comment on lawsuits.

Plaintiffs also sued the shooter's estate for battery and assault. The reportedly wealthy shooter is thought to have had multimillion-dollar real estate

investments across Texas and California.

A court hearing about who will be appointed to administer Paddock's estate is set for Dec. 7. **REUTERS**



The Mandalay Bay Hotel and Casino in Las Vegas. **GETTY IMAGES**

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FRANKEN ACCUSERS

Second woman accuses Senator Al Franken of groping: CNN

A second woman has accused Democratic Sen. Al Franken of inappropriately touching her, this time in 2010 after he had been elected to public office, CNN reported on Monday.

Franken was first accused of sexual misconduct last week, when broadcaster and model Leann Tweeden said that, in 2006, he had forcibly kissed her and groped her while she was asleep.

Lindsay Menz told CNN she met Franken at the Minnesota State Fair in 2010. When her husband photographed her with the senator, he groped her buttocks, CNN reported.

According to CNN, she posted the photo on Facebook shortly after the incident and commented about the incident, "Al Franken TOTALLY molested me!" CNN said that Menz had approached the news organization after reports



Franken has been accused of misconduct by a second woman. **GETTY IMAGES**

about Tweeden.

Reuters was not able to confirm Menz's story, and neither Menz nor Franken responded to requests for comment.

"I take thousands of photos at the state fair surrounded by hundreds of people, and I certainly don't remember taking this picture," Franken said in a statement to CNN. "I feel badly that Ms. Menz came away from our interaction feeling disrespected." **REUTERS**

Tampons have an expiration date, and here's why that's important

You'll be surprised to learn the truth.

MEAGAN MORRIS
@MetroNewYork
letters@metro.us

If you're like most women, you only look at two things when you pick up a box of tampons: the amount they'll absorb and the price. But there is another thing you probably want to look at: the expiration date.

That's right: Tampons might be made of cotton, but they don't have an unlimited shelf-life for a pretty important reason.

"The lifespan of all tampons are said to be five years," Affi Parvizi-Wayne, founder of organic tampon company Freda, told Cosmopolitan UK. The reason: Bacteria and mold can grow inside the cotton and applicators.

"We recommend that women don't use out of date tampons even if they look fine," Parvizi-Wayne added, "because mold can be hidden on the applicators which may lead to irritating symptoms and infection."

Most boxes of tampons won't last five years, but there's always the chance you could find a box stuffed in your medicine cabinet — or a store could be hanging on to old packs. In those cases, it's best to check the side of the package for an expiration date. Tampax typically prints two dates on packages: The production date and the expiration date.

Tampons have been the go-to period protection option for decades for millions of women. They work, but little is known about how they really affect the body. The



The FDA classifies tampons as "medical devices." GETTY IMAGES

reason? The U.S. Food and Drug Administration classifies them as "medical devices," meaning that

companies don't have to list everything that is in a tampon.

Companies like Freda

and competitor Lola offer another option by selling tampons made of 100 percent organic cotton, but there's another option: the menstrual cup.

Are menstrual cups better than tampons?

A menstrual cup is exactly what it sounds like: a small cup that you place inside your vagina to collect the blood and uterine lining that sheds during your period. The cup might look small, but most women can go 12 hours without emptying their cups — much less than the six to eight hours for tampons.

Most menstrual cups are made of silicone or rubber, according to the Cleveland Clinic, and different brands offer different sizes and styles. The Diva Cup, for example, sells two sizes: One for women under 30 who

haven't had children and one for women who are over 30 or have given birth.

You can even have sex without mess by using certain types of menstrual cups or discs.

The downside to menstrual cups? There's a learning curve to placing and removing the cups — and it can get messy. But after a few tries it won't take any longer than inserting a tampon.

And then there's the whole cost savings: You don't have to worry about your menstrual cup expiring or buy a new one once a month. You just plop down the \$20 to \$40 to buy the cup and use it for several years.

Of course, you'll have to clean and sterilize it every month, but it sure beats worrying about putting mold in your vagina.

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Anna Nicole Smith: Sloppy drug fiend or stunning actress? Her doctor speaks out

Trust him ... he's a doctor.



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The day that would forever change Dr. Sandy Kapoor, one of Anna Nicole Smith's doctors, started off like any other day.

"I was in my bedroom, going through an infuriating ritual that makes me late to my clinic every single morning — I have a doctorate from the Boston University School of Medicine, but for the life of me, I can't make sense of my sock drawer," he wrote, opening Chapter 1 of his book "Trust Me, I'm a Doctor."

The date was Oct. 17, 2007. Just before 7 a.m., Kapoor tried in vain to find a matching pair of socks in his bedroom, his twin newborn sons slept in a nearby room and his father proudly affixed a license plate onto his son's brand new BMW parked in the driveway. Los Angeles Police Department cruisers screeched to a halt in front of his home, which filled with LAPD officials and people wearing

DEA-stenciled jackets.

They wanted to know about the death of Anna Nicole Smith eight months earlier, which was ruled the result of an accidental drug overdose. Kapoor was Smith's doctor, but he said he hadn't seen her in seven months before her death.

Metro spoke to Kapoor about his book, his relationship with Smith and the time since her death.

Naturally, we asked him the most obvious question first: Have you figured out how to match your socks yet?

"No," Kapoor told us with a laugh, "in fact, I have not."

Kapoor said he wouldn't necessarily call himself a "friend" to Anna Nicole Smith. As a concierge doctor, he often makes house calls (or calls to hair salons, as he did the final time he saw Anna Nicole Smith alive), but at the time, a feeding frenzy occurred over a photo from the Gay Pride Parade years earlier.

Admitting he got caught up in the fun of being a celebrity doctor, Kapoor maintains that aside from some raucous fun



Anna Nicole Smith and her attorney Howard K. Stern leave the U.S. Supreme Court. GETTY IMAGES

during the parade, he was merely Smith's doctor.

Smith was on methadone when she and her doctor stepped out as peers and alcohol as peers and alcohol not mix-

ing. However, according to Kapoor: "You shouldn't drink when you're on methadone. That was the Gay Pride Day [and] people do a lot of things they shouldn't do, like drink with antibiotics. ... She didn't stop breathing

from that."

But the slurring Anna Nicole Smith that many knew from TV and public appearances might have been an act, Kapoor said.

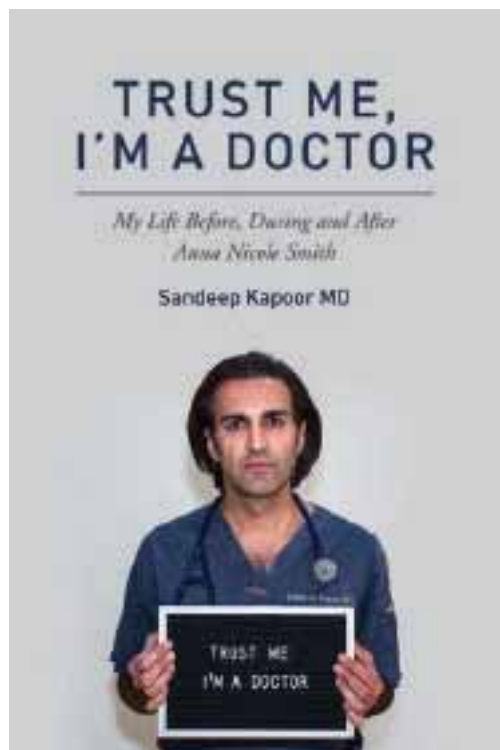
He recalled one time when Smith went from her normal voice to "that baby voice" as soon as the cameras turned on. Once the cameras were off, "she had a normal voice," he said. "She wasn't slurring ... maybe she is better at acting than people think she is," he added.

Kapoor called Smith the "first reality show before the Kardashians" and a "train wreck," but without a discernable hint of judgment in his voice. Reflecting on his last visit with her in the hair salon, Kapoor said he wished he could have gotten her help with her grief after her son Daniel died, or was sure she took her medication appropriately. "She believed herself

to be a legitimate actress who was working and it was, I believe — some of it was an act," Kapoor said, casting doubt on the image of Smith as a party girl. "She wasn't going to Hollywood parties all the time — she did red carpet appearances because her persona was bigger than life and she knew that's what they wanted to see."

Kapoor said, in hindsight, partying with his patient at the Gay Pride Parade wasn't the best decision he's ever made, but he maintains his relationship with the woman who warbled, "Do you like my body?" at the 2004 Billboard Awards was strictly professional.

"You can't help every patient," Kapoor explained. "What you lead with is your heart and what is the right thing to do for that patient, and sometimes it's not enough."



Dr. Sandy Kapoor was questioned by authorities over his role as Anna Nicole Smith's doctor. PROVIDED

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Pink doth not cringe

Pink and Christina Aguilera once had beef. It was a very long time ago, when this nation's collective dreams were more solidified and less dusty particles. But because people are BORED and demand DRAMA from their celebrities, the narrative continues.

At the American Music Awards Sunday night, the quick-camera people caught Pink — who might just have Resting Bitch Face — seemingly cringing while Christina Aguilera performed a medley of Whitney Houston hits.

The 38-year-old took to Twitter to clarify that she has nothing but love for the “Genie in the Bottle” singer.

“Christina f—king killed it tonight for one of our favorite singers ever. This about Whitney, and I am in awe of Christina’s talent. Show the clip where I’m in tears, you negative Nancy’s.”

So yeah, stop pitting women against each other y’all! Besides, how could they hate each other when they both sang in the updated forever hit, “Lady Marmalade?” Exactly!



Stop trying to make Pink vs. Christina Aguilera happen.

the word

Alex Rodriguez is no intellectual

We all know that Alex Rodriguez has the best intentions for a very rich ex-baseball man, but we’re also not expecting him to be the most intellectual bulb in the box, right?

In a New York Times profile of Anne Wojcicki — whom A.Rod dated for most of 2016 — the 23andMe exec’s mom Esther confirms he’s not the smartest dude, ever. “I liked A-Rod, he was a very nice man,”

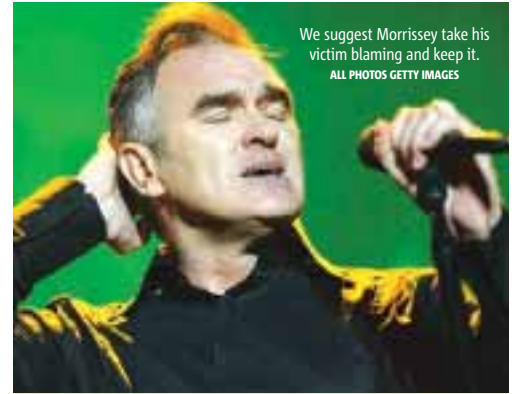


Surprise, surprise.

she said. “But I right away figured out this was a mismatch. He had no academic background. We couldn’t have an intellectual

conversation about anything. His main interest in life was something that none of us had ever focused on, which was baseball.”

Yeah, sounds about right. After all, this is the man who wooed his current girlfriend via a “You look sexy AF” sext.



We suggest Morrissey take his victim blaming and keep it. ALL PHOTOS GETTY IMAGES

Morrissey is still the worst

Over the weekend, former Smiths frontman Morrissey defended the likes of Kevin Spacey in an interview with German publication Der Spiegel. It’s pretty bad!

“As far as I know, he [Spacey] was in a bedroom with a 14-year-old,” the 58-year-old told the site. “Kevin Spacey was 26, boy 14... I don’t know about you, but in my youth I was never in situations like that. When you’re in somebody’s bedroom, you have to be aware of where that can lead to.”

The backlash was swift. A variety of celebrities and otherwise verified people took to Twitter to express their disappointment. Comedian Chris Gethard wrote, “I don’t understand how so much of what Morrissey sings is so beautiful yet so much of what he says is so ugly.”

Shirley Manson of Garbage fame was a bit more succinct. “Morrissey has lost the f—king plot... F—k U Morrissey! F—k YOU.”

We suggest Morrissey take his victim blaming and keep it.

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'Runaways' star wants to team up with Benedict Cumberbatch's Dr. Strange

Lyrica Okano talks
Marvel's new Hulu
series.

MATT JUUL
@RunTheJuuls
matthew.juul@metro.us

A new group of heroes will join the live-action Marvel universe when "Runaways" debuts on Hulu today.

While the team isn't as well-known as the big screen's "Avengers" or even Netflix's "The Defenders," the series does offer a new spin on the superhero genre. "Runaways" is more of a teen drama, chronicling the story of a group of high school students in Los Angeles who discover that they have powers and find out that their parents are part of a villainous organization.

Lyrica Okano, who

plays the magical Wiccan Nico Minoru, is excited to be a part of a new series that already has a ton of hype going into its premiere thanks to the fan-favorite comic books.

"We're just so lucky to be apart of a show that has such a huge fan base behind it from the very beginning because the comics are so popular," Okano tells Metro. "That's definitely a strength we have. I'm just so happy to be apart of it."

If the show turns out to be a hit like many of Marvel's other television projects, Okano hopes that her magic-wielding character can team up with Benedict Cumberbatch's Dr. Strange down the line.

"I don't know what Marvel would have to say about it, but of course, I would totally be down," Okano says. "I hear 'Dr.



Lyrica Okano as Nico Minoru in Marvel's "Runaways."
GREG LEWIS/HULU

Strange' is pretty awesome."

Aside from the adoring fans and crossover possibilities, Okano is excited to be apart of "Runaways" because it allows her to play an Asian American character that isn't a stereotype.

"Being in this business for a while, I've auditioned

for a lot of Asian roles," Okano says. "I've auditioned for the stereotypical Asian roles that call for being that submissive type. I've also auditioned for those Asian roles that call for just being edgy for having that streak of purple in my hair."

"Being able to work on Nico, she has a lot more

to show," Okano adds. "She's not just edgy to have it be a fashion statement. It all comes down to her family

history and the story that she has to tell."

The actress admits that one of her best friends inspired her take on Nico, the Goth girl of the "Runaways."

"I actually grew up with a best friend who was a Wiccan and who was Japanese-American," Okano says. "When I started working on Nico, I didn't see her as this new type of Asian that I can showcase on the show. I just saw her as someone who I grew up with very closely for 22 years."

"Runaways" debuts on Hulu Tuesday, Nov. 21.



metro

tony's metro magic

ENDS DECEMBER 15

Tony's Metro Magic, named in memory of former Editor-in-Chief Tony Metcalf, is metro's annual toy drive for underprivileged children. To find out how to donate toys, visit metro.us/magic



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Your guide to Black Friday *deal-hunting*

If you shop in-store on Black Friday, get there early to cash in on the "early bird" deals.

We asked money-saving experts their advice for how to be smart shoppers this year. **KATE MOONEY**

Who doesn't love a deal? Nobody. The satisfaction of saving a buck is second only to, well, getting something free. Black Friday, the annual blowout day of discounts on Friday, Nov. 24, provides an opportunity to get items on our wishlist, from laptops to peacoats to holiday gifts, for less — as long as we're smart about it. Whether you're braving the crowds to shop in-store or surfing deals online from your couch, we asked experts how to best take advantage this year.

Plan ahead

The first thing you should do is follow your favorite retailers on social media and sign up for their newsletters. That way, you'll hear about special discounts or sales as they're announced, says Sara Skirboll, shopping and trends expert at RetailMeNot, and avoid missing deals that are made available in the days leading up to Black Friday. To curb overspending, set a budget for yourself before you begin shopping. A good way to hold yourself accountable is by purchasing a discount gift card with the exact amount you can afford to spend, and if you're shopping in stores, leave your credit card at home.

Tips for shopping online

Nowadays, many Black Friday deals online are just as good as in-store, and you may decide to avoid the crowds and do your shopping from the couch.

If you do decide to surf the web for deals, be aware that prices fluctuate throughout the day. Money-saving expert Andrea Woroch suggests installing what's called the Invisible Hand browser extension, which will send you a notification if there's a better deal than the one you're browsing and redirect you to the link. Skirboll suggests using price comparison tools like Google Shopping or Nextag, which will point out the lowest price of an item online so you get the best deal.


Tips for shopping in-store

If you do head to the stores, get there early, as several of the doorbusters will be limited to early birds. Price-matching will be the secret to getting the best deal, says Certified Financial Planner and Business Insider's Money Editor Lauren Lyons Cole. Research online before you leave the house, and if you find a certain item listed at a cheaper price, ask the cashier if they'll match the price — in most cases, they will, she says.

If you treat your deal-hunting like a competitive sport, Skirboll has some in-store tactics. "Start in the back of the store and work your way towards the front; moving in the opposite direction of the crowd gives you first access to some inventory," she coaches. She also suggests assembling a team of shoppers and hitting the mall together so you can divide and conquer and have more sets of eyes to scope out the selection. But if you can, leave the kids at home.

Maximize your deals with money-saving apps

Money-saving apps will be your deal-seeking friends this Black Friday. If shopping in-store, Woroch suggests downloading Shopkick, which earns you points you can then redeem for gift cards, while Swagbucks earns you cash back when you shop online.



If you opt to do your shopping via the web, online tools like Google Shopping, Nextag and the Invisible Hand browser extension will help you maximize deals. **ALL PHOTOS ISTOCK**

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Black Friday: What to buy and what to skip



As you plan out your Black Friday deal-hunting, stick to these shopping categories to get the biggest bang for your buck. **ISTOCK**

Use this guide to steer clear of the duds and get only the best bargains this Nov. 24.



NerdWallet is a personal finance website.

Buy: Apple products

Traditionally, major retail stores such as Best Buy, Target and Walmart discount Apple products each year on Black Friday, and previous-generation models usually see the most dramatic deals. These offers may include price cuts, free gift cards with purchase or a combination of both. This year, look for deals on MacBooks, iMacs, iPhones, iPads, Apple Watches and Apple TVs.

Target devoted an entire page of its 2016 Black Friday ad to Apple. All iPod models were 20% off, and the Apple Watch Series 1 started at \$198.

Skip: Toys

Toys are one of the seasonal purchase staples,

but you might want to think twice before checking them off your list on Black Friday. Historically, it's best to wait until closer to Christmas to purchase dolls, action figures and play sets. You run the risk that certain items will sell out, but you may also be able to find bigger savings on what's left.

Last year, in the final days before Christmas, select toys were on sale for as much as 50% off.

Buy: Video games, CDs, DVDs

If you're in need of some affordable stocking stuffers, look no further than the video game, CD, DVD and Blu-ray department at most major retailers this Black Friday. You'll find films and gaming titles deeply discounted from their original prices.

In 2016, Best Buy offered select Blu-ray+DVD+digital titles for \$7.99 each. Walmart had certain video games for \$27 each and a selection of over 200 DVD titles for \$1.96 apiece.

Skip: Christmas decorations

You've likely seen the blowout post-Christmas clearance sales every

year on Dec. 26 as you made your way to the store to return that gift that missed the mark. That's when Christmas decorations, wrapping paper, tinsel and other seasonal trimmings reach super low prices (for obvious reasons).

If you can't wait until after Christmas, hold off for a little while. Sure, you'll see plenty of deals on artificial trees and rolls of wrapping paper on Black Friday — especially at home and craft stores — but retailers are particularly eager to slash prices closer to Dec. 25. In the days leading up to Christmas 2016, Big Lots took 50% off a selection of ornaments and decorations.

Buy: Electronics

Electronics deals are a Black Friday staple. In 2016, Walmart offered an impressive \$125 deal on a 40-inch Element or Hisense HDTV. Best Buy discounted select Amazon Fire tablets by up to \$30.

No matter where you choose to spend your Black Friday (or Thanksgiving), you're almost guaranteed to find TV and tablet doorbusters. Another electronics deal to keep an eye out

for is smartphones. Last year, some retailers offered free gift cards (in amounts as substantial as \$250) with a qualifying phone purchase on an installment plan.

Skip: Bedding

You've got the entertainment center covered, but you should hesitate before stocking up on supplies to refresh the look of your bedroom this Black Friday.

The lowest prices on bedding and linens have been known to appear in January during what are called "white sales," so hold off until then if you can. Discounts at this time can range from 50% to 75%. January 2017 white sales took place at retailers such as Macy's, Kmart, Kohl's and Overstock.

Buy: Home appliances

No secret here. Black Friday is well-known for its offers of huge savings on washers, dryers, refrigerators and major kitchen appliances. Look for similar deep discounts again this year.

Last year at Sears, a Kenmore washer and dryer were on sale for \$274.99 each when shoppers purchased the pair. That was a 49%

discount on the pair. Best Buy took up to 40% off major appliance top deals, and shoppers got a free Keurig K525 coffee brewer with purchase of two or more major appliances totaling \$2,000 and up.

If you're in the market for smaller appliances such as coffee makers, mixers, blenders or vacuum cleaners, expect deals this year from department stores such as Kohl's, J.C. Penney and Macy's.

Skip: Winter clothing

Fall and winter clothing generally isn't the best value on Black Friday. Jeans, for instance, see big sales in October, and retailers frequently offer big clearance sales on jackets when winter gives way to spring.

Of course, if you need something to keep you warm before then, you'll be able to find some bargains this Black Friday. Year after year, Macy's and J.C. Penney have offered doorbuster deals on women's boots. In the past, select pairs have been just \$19.99 each.

Buy: Travel deals

Whether it's hotel rooms, ski lift tickets or airfare, you can expect

bargains on travel this Black Friday and Cyber Monday (Nov. 27). Check for deals from online travel sites and major airlines alike. In the past, most of these promotions were available for a very limited time. You'll likely have to book during that window and travel during an allotted period.

Skip: Mail-in rebates

If you want to avoid some of the hassle related to Black Friday shopping, resist deals that require a mail-in rebate. Unless you're disciplined enough to fill out the form and wait to receive the rebate, you could end up paying more than you intended. And even if you do follow through with a rebate, you'll have to shell out a higher price at the register before getting some money back.

Always read the fine print; some kitchen appliances, electronics and other popular items may require you to fill out a mail-in rebate to achieve the advertised price. At Kohl's, for example, some small kitchen appliances were available for \$9.99 last year — but that was after a \$12 mail-in rebate. **COURTNEY JESPERSEN**



Learn to identify these common tricks by retailers so that you don't fall for them this year. ISTOCK

Don't get duped on Black Friday

Like the arrival of Santa's sleigh on Christmas Eve, each year retailers deliver a host of deals, discounts and freebies for shoppers as part of a highly anticipated shopping event called Black Friday, which falls on the day after Thanksgiving.

Many of the deals are legitimate bargains, but others are nothing more than ordinary sales wrapped in shiny packaging. How can you tell the difference? We have the secrets you need to know about the annual discount shopping bonanza, which this year is Nov. 24.

1. Doorbusters are few and far between

Doorbusters are the blockbusters of Black Friday. They're deeply discounted products that are available for only a limited window of time — usually on Thanksgiving Day or Black Friday. The products look good, and the prices certainly sound good, but the reality of actually getting your hands on one of these items isn't so rosy.

Most retailers will indicate "limited quantities" beneath certain deals. In 2015, we got a sense for how limited that could be when Sears plastered a Kenmore Elite washer

and dryer on the front page of its Black Friday ad, with the promise of 51% off on the pair. But the fine print below the deal revealed that there were only about four available per store.

The story is similar at other retailers. If you don't secure a spot at the front of the line or log online the moment a sale starts, you could miss your shot at these big deals. Shoppers should look for stores with doorbuster guarantees. In some cases, as long as you arrive at a certain time, you can be guaranteed the low price.

2. Discounts are often inflated

Deals can be difficult to grab, but they can also be misleading. Last year, a NerdWallet study found that some stores inflated the amount of certain Black Friday discounts to make deals appear better than they actually were.

For instance, at Harbor Freight Tools, the 17 Ft. Type 1A Multi-Task Ladder was on sale for \$115 during Black Friday 2015. It was \$99.99 on Black Friday 2016. In 2015, Harbor Freight Tools contrasted the ladder's sale price with a comp price of \$209.99. But in 2016,

the ladder's sale price was accompanied by a previous price of \$139.99 and a comp price of \$357.99.

The 2016 deal was indeed a lower price, but because of the comp price reflected next to the deal, the savings appeared more substantial.

If you shop this year on Black Friday, don't pay attention to the supposed percentage of the discounts. Instead, judge the value of a product based on the sale price and how it compares with the item's price at other stores.

3. Fine print is everywhere

Finally, even if you manage to avoid all of the above tricks and traps, you could still be faced with more fine print. Retailers have a way of making some sales difficult to actually claim.

Certain products are available at their advertised sale price only for a few hours and then go up in price. Keep an eye out for such fine print and exclusions — usually located at the bottom of a Black Friday ad or beneath individual deals within the ad — so you aren't surprised when you get to the store on Black Friday. COURTNEY JESPERSEN

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Winter Village at Bryant Park

Bask in the European vibes of the Bank of America Winter Village in Bryant Park. Along the park's tree-lined promenades, rows and rows of over 150 twinkling glass booths brim with handmade goods like quirky bowties and Himalayan shawls; once you've shopped, eat your way across the food market with warming hand-pulled noodles at Mian Kitchen and treats from edible cookie dough sensation DÖ. Not to mention free ice skating (if you bring your own skates), rinkside cocktails at Danny Meyer's Public Fare and a towering Christmas tree. Through Jan. 2, Mon-Fri 11 a.m.-8 p.m., Sat-Sun 10 a.m.-8 p.m., skating until March 4, between 40th-42nd sts. & Fifth-Sixth Aves.

Grand Central Holiday Fair

You don't have to brave the crowds on Sixth Avenue (or the cold) for high-end gifts. The Grand Central Holiday Fair brings 40 artisans to Vanderbilt Hall selling everything from art to home goods, hand-crafted toys and fine clothing for men, women and children. The market has been going since 1993, with a focus on American-made goods and uniquely crafted items. Pick up a one-of-a-kind writing tool made from discarded materials at BG Artforms, or find handmade dolls at Hazel Village. Through Dec. 24, Mon-Fri 10 a.m.-8 p.m., Sat. 10 a.m.-7 p.m., Sun. 11 a.m.-6 p.m., 89 E. 42nd St.

Winter Flea + Smorgasburg

Summer's essential outdoor market doesn't go into hibernation for the winter. Smorgasburg, along with its vintage shopping sister Brooklyn Flea, head indoors to Sun-set Park's hot new hang Industry City. At Winter Flea + Smorgasburg, you'll find vintage and handmade gifts from 50 vendors, plus 10 Smorg food booths cooking and baking the best of the season. There's also a full bar, not to mention all the usual entertainment and pop-up art installations happening at Industry City. Open weekends from Nov. 25-26 through March 2018, 11 a.m.-6 p.m., 241 37th St., Brooklyn

Union Square Holiday Market

Feel a world away from the gray, manic city as you wander among the festive candy cane-striped booths wrapped in holly at the Union Square Holiday Market, the largest seasonal market in the city. Look for the Artisan Pledge stickers to find U.S.-made organic, fair trade, recycled and handmade goods among the more than 150 vendors, an art studio for kids to design wrapping paper (and make cookies — never too early to learn multitasking) and a Little Brooklyn section for a taste of the borough. Through Dec. 24, Union Square Park between 14th and 15th streets

Garment District Holiday Market

The city's newest holiday market has a distinctly fashion-conscious twist. The Garment District Holiday Market promises nothing but the most stylish gifts from merchants like color-changing gloves from Freezy Freakies and Karen Curtis' colorful jewelry made with vintage Swarovski crystals. There's food to gift — give a jar of bee-saving Honeygramz raw honey — and enjoy after loading down your arms like Persian fare from

Holiday Market. Find over 100 merchants like Ware of the Dog's trendy gear for pooches and nerdy wall art from Pop Chart Lab. Need some gift-giving guidance? There's a market concierge to help you find the perfect gift. There's of course food vendors, like newcomer Duck Season for all your waterfowl needs from confit to pâté, and the new Citi Holiday Lounge to sip hot chocolate while warming your hard-working feet. Nov. 28-Dec. 24, Mon-Sat 10 a.m.-8 p.m., Sun. 10 a.m.-7 p.m., Central Park West and 59th Street

Bust Craftacular

Feminist, inclusive, indie — Bust Craftacular is the holiday market 2017 needs. Revel in all things DIY and upcycled vintage gathered from across the country, like retro housewares from Ceja Designs and Mary Gallagher Jewelry's fascinating nature-inspired gems. Because this market is about inspiring creativity in you, too, there will be classes led by the Bust School for Creative Living, and when it's time to treat yourself, craft cocktails and food from vendors like The Awkward Scone are ready to please. And because everything is better with music, there's a female-led music fest, too. Entry is free, music fest \$5, classes \$10-\$75, Dec. 9-10, 11 a.m.-7 p.m., Brooklyn Expo Center, 72 Noble St., Greenpoint



Bank of America Winter Village at Bryant Park PROVIDED

Ice skating at Bryant Park
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From now through Nov. 30, join any Blink Fitness for \$5 and get the rest of the year free. **BLINK FITNESS**

Get fit for Black Friday

Find deals at NYC gyms and studios that will snap you out of your Thanksgiving food coma and kick-start your New Year's fitness goals.



KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

While you're hunting Black Friday deals on airfare, electronics, homewares and more, know that the holiday is also an opportunity to get a headstart on your New Year's fitness goals. Plenty of gyms and studios are offering complimentary months, discounts on joiner's fees and deals on membership packages. As the days get shorter and darker, now's the time to nip your seasonal affective disorder in the bud — and snap out of your tryptophan and booze-induced holiday stupor — by getting movin'.

Blink Fitness

From now through Nov. 30, you can join Blink Fitness for only \$5, with the rest of the year free. Note that the offer is only valid for green and blue memberships, which typi-

cally go for \$25 and \$20 a month, respectively, and give members access to multiple gym locations as well as deals at Modell's. blink-fitness.com

ClassPass

ClassPass, the fitness membership that gives you access to a variety of classes and studio locations every month, has a pretty good joiner incentive this Black Friday. Between Nov. 24 and Nov. 27, using the codes BLKFRI17 or CYBERCP gets you one month free if you sign up for three-, five- and 10-class monthly plans. classpass.com

Crunch

Get 25 percent off new membership if you join Crunch, the popular gym, which combines training equipment with a bevy of group fitness classes, now through Nov. 30. Crunch.com

YMCA

Join any YMCA location for free during Tuesdays in November — that's today and next Tuesday, Nov. 28. First-timers get a free day pass, so why not use it on a Tuesday and decide after your workout if it's the right

match for you? ymcanyc.org

Bode NYC

If you're serious about bikram yoga — enough to make a year commitment — you can get a discount on 365 days of classes at Manhattan studio Bode NYC. Sign up now through Black Friday and get a year of unlimited classes for \$1,595. That comes out to \$133/month, \$42 off the \$175/monthly unlimited membership. bodenyc.com

Body Space Fitness

Body Space Fitness, a boutique gym near Union Square offering personal training and bootcamp style group fitness classes, has a few deals available now through Friday, Nov. 24. If you purchase 10 classes, get three free, or buy 20 and get eight free. Current members will receive a free month of classes if they complete early renewal on their membership, while new members can sign up for a 30 Day VIP Kickstart Membership, which includes unlimited group classes, one training session a week and a fitness "strategy" session. Visit bodyspacefitness.com for more details.

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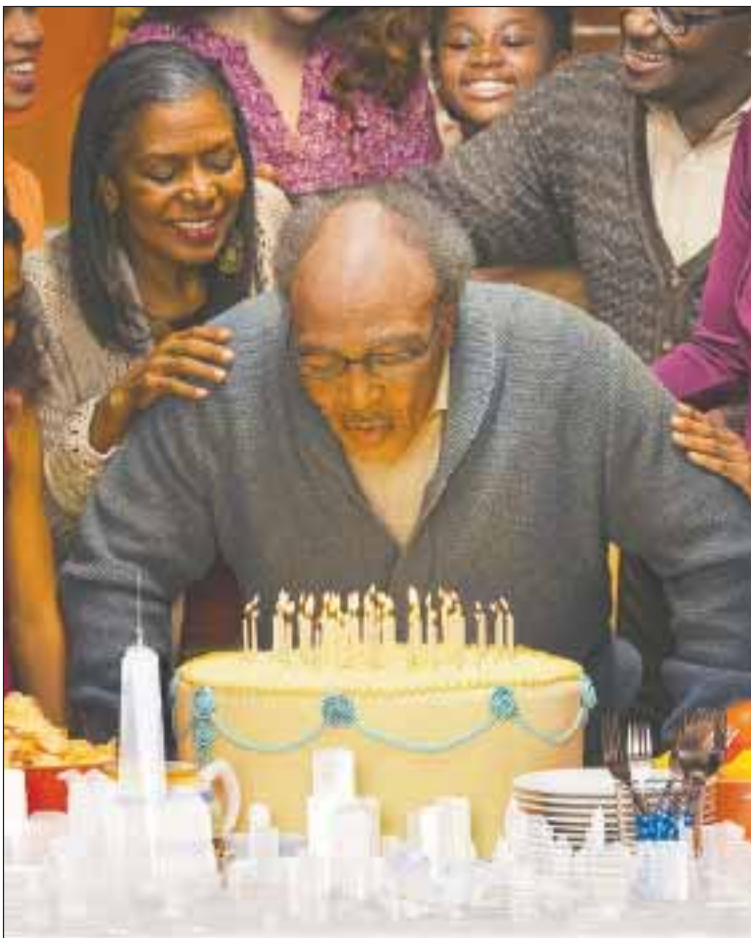
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Is your blood pressure *too high*?

According to new standards issued by the American Heart Association, nearly half of Americans now meet the criteria for hypertension.



KATE MOONEY
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As of last week, 30 million more Americans now suffer from high blood pressure.

That's according to new guidelines issued by the American Heart Association and the American College of Cardiology, which state that 130/80 mm Hg or higher now constitutes high blood pressure, or hypertension.

The prior standard, which hadn't been revised since 2003, was 140/90 mm HG. A reading of less than 120/80 mm HG is defined as the new normal.

The changes were implemented by a team of cardiovascular experts, who reviewed more than 1,000 studies, with one particular landmark report proving the most influential. In a 2015 study from the National Institutes of Health, more than 93,000 men and women

50 years and older who were at high risk of cardiac arrest were divided into two groups.

One was tasked with lowering their systolic pressure (the first number, which measures the blood pressure when your heart pulses) to below 120, the other, to below 140. In doing so, the first group saw a one-third reduction in heart attack, heart failure and stroke, and a one-fourth reduced risk of death.

High blood pressure increases the risk of heart disease and stroke, which are two of the leading causes of death for Americans, according to the CDC.

Luckily, there are lifestyle changes you can make to lower your blood pressure. These include exercising regularly, losing weight, cutting down on alcohol consumption, quitting smoking, reducing stress and following a heart-healthy diet — consisting of fruits, vegetables, multigrain carbs and foods high in unsaturated fats (which lower cholesterol levels), such as avocados, olive oil, beans and nuts.

But for some patients, lowering their blood pressure might require more than these modifications.

"People who already have heart disease, diabetes, or kidney disease, or are at high risk for [those diseases], will likely be prescribed lifestyle changes and blood pressure medication," explains cardiologist Dr. Nieca Goldberg, Medical Director of the Joan H. Tisch Center for Women's Health at NYU Langone Medical Center.

Goldberg advises that people of all ages should get their blood pressure checked regularly. If you're under the age of 45 with blood pressure of 130/80 or higher, discuss a treatment plan with your doctor. You might require lab testing and further evaluation to determine if there's another cause behind the elevation, such as auto-immune disease, heart valve issues, or improper kidney function, she says.

When you're checking your blood pressure, whether at home or at the doctor's office, Goldberg says there are a few things to be aware of to avoid inaccurate readings.

"You should be seated in a chair with your feet flat on the floor and your arms supported," she advises. "You shouldn't have your feet dangling from the exam table."

Isles offense fueling surprising start

Brooklyn's club has one of the top scoring offenses in the NHL, which is a main reason they are in contention through 20 games.



JOE PANTORNO
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It was unanimously expected that the Metropolitan Division would be one of the toughest divisions in the NHL. So far, that script has stayed predictable as the all eight teams are separated by just five points as we approach the quarter mark of the season.

What wasn't such a unanimous pick was that the New York Islanders were going to be one of those teams mounting a serious challenge for the division. While there is still plenty of time for the balance of power to shift, the Brooklynites were one point back of the top spot entering Monday night.

They have an explosive offense to thank for that as their 73 goals scored in 20 games this season ranks third-best in the league behind only the Tampa Bay Lightning — the NHL's best team which they

defeated, 4-3, on Saturday night — and the Toronto Maple Leafs.

At this time last season, the Islanders only had 49 goals scored as a team by their 20th game. Though they did turn things around in the second half of the season to finish 11th in the league in scoring, though they didn't make the playoffs.

There was not much evidence that things would change for the better this season, though. New York's major acquisition of trading for Jordan Eberle expected to give captain John Tavares the elite winger he has been starved of during his first eight NHL seasons.

But the two struggled to click as the first line failed to pack the intended punch it looked like it would have provided on paper.

So head coach Doug Weight shuffled things around by...restoring the changes he made to his first line during the offseason. He put Josh Bailey back on Tavares' right wing while also rejoining Anders Lee on the left.

Things immediately clicked as the trio are experiencing huge starts to their season.

Tavares ranks second in the NHL with 15 goals while Bailey

is fifth with 19 assists. Lee, who had just 18 assists last season to go with 34 goals, already has 10 helpers along with 11 goals. All three of them rank within the league's top-20 point getters.

What really gives the Islanders' offense an added dimension is their second line. It's difficult to call Eberle's move to the second line a demotion considering he has woken up from a slow start that saw him go goalless through the first 10 games of the season.

In the last 10 games, he has seven goals. He's been the benefactor of flanking rookie center Mathew Barzal, who is one of the best young playmakers the league has to offer given his supreme puckhandling and impressive vision. No other rookie in the NHL has more points than the 20-year-old Barzal.


New York will need that kind of offensive production to continue throughout the season considering there are questions in the defense. The Islanders have allowed 66 goals this season while goaltenders Thomas Greiss and Jaroslav Halak don't rank within the league's top 40 in save percentage and goals against average.



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JOSH BAILEY
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19 ASSISTS (5th IN NHL)
23 POINTS (T-11th IN NHL)



ANDERS LEE
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21 POINTS (T-19th IN NHL)
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MATHEW BARZAL
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Giants' Jenkins redeemed himself in win vs. Chiefs

The heavily-criticized cornerback stepped up during the Giants' Week 11 win.



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It was a big moment for Janoris Jenkins when the New York Giants cornerback had a key interception in the fourth quarter of Sunday's 12-9 overtime win over the Kansas City Chiefs. His teammates saw it as vindication for a player who had come under heavy criticism for the past week for a perceived lack of intensity and commitment on the field.

During the Giants 31-21 loss at the San Francisco 49ers, Jenkins' effort — or lack thereof — was called into question on several plays. He flailed

badly on a long 49ers touchdown connection and was out of place on other plays.

But fast forward a week to this past Sunday and Jenkins turned in one of the game's biggest plays, an interception of Chiefs quarterback Alex Smith that he returned 17 yards. The play set up the Giants to briefly take a 9-6 lead in the tight game.

For the Giants, it was a positive moment to rally around in the midst of a difficult season. A couple weeks earlier, Jenkins was suspended from the team and seemed to be a locker room issue. Now he was rebounding from a difficult game with a pivotal play.

"We know what kind of player he is. This was the time for him to showcase that. His talent, ability, and passion for the game, a lot of people have been saying that he is giving up and not playing the way he usually plays," Giants safety Landon Collins said after the Giants win. "He's been hurt, and nicked up and every one is. At the same time, we came out here and fought."

Pro Football Focus noted that while Jenkins allowed five catches on seven targets, it was just for a combined 20 yards. Factor in that fourth quarter interception and it was a



Janoris Jenkins came up with a big interception of Alex Smith. GETTY IMAGES

big day for the Giants cornerback.

A bounce-back game for a player who heard the criticism all week and responded not by lashing out or dropping negative headlines but by showing up on the field. His teammates needed this one. So to did his coach.

Jenkins very nearly had a second interception in the fourth quarter, a play that was instead called for defensive pass interference. If it had stood then Jenkins and the Giants would have been able to close out the Chiefs in regulation.

Instead, the Chiefs used that penalty to drive down the field and tie the game, forcing overtime.

"The redemption — I thought Janoris Jenkins played his tail off. We'll

have to go back, take a look at the tape and see what we saw on the last — on that second pick," Giants head coach Ben McDoo said. "Thought we could have iced the game there. But, he played his tail off. He was all over the field, did a good job turning the ball back inside a few times, was playing physical. It was good to see him do that."

No one can criticize Jenkins for his performance this past weekend in keying just the Giants second win of the season.

"I don't pay attention to that, man," Jenkins said when asked if the criticism will die down this week. "Like I said, last week was last week. We came out, we played good this week and we're just moving forward."

Yanks favored to land Otani

The Shohei Otani sweepstakes are in full swing as Major League Baseball's winter meetings inch closer and closer. The 23-year-old Japanese superstar could very well make his way over to the United States for the 2018 season and it looks like the New York Yankees are slated to be the team that signs him.

Per Jon Heyman of FanRag Sports, many of those pursuing teams view the Yankees as "supreme favorites" to land Otani. Though the Texas Rangers could offer him the largest signing bonus under MLB's Collective Bargaining Agreement



Japan's star Shohei Otani. GETTY IMAGES

(CBA) at \$3.5 million.

The Yankees aren't far behind at \$3.25 million and the appeal to play in New York compared to Arlington is obvious.

What makes Otani such a can't-miss prospect is his two-way capabilities.

In 65 games last season, Otani batted .332 with eight home runs and 31 RBI. But he also is an effective pitcher, going 3-2 with a 3.20 ERA. It was a bit of a down season on the hill compared to a 2016 campaign that saw him go 10-4 with a 1.86 ERA.

One of the Yankees' needs this offseason is a regular designated hitter.

On top of that, Otani could also be considered for a spot in the Yankees rotation, which will be looking to round out a unit that will be headlined by Luis Severino, Masahiro Tanaka and Sonny Gray. JOE PANTORNO

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Across

- 1 Trace of smoke
- 5 Heating fuel
- 8 Turn into
- 14 Blame
- 15 Time to celebrate
- 16 Like many classics
- 17 Turnpike turnoff (2 wds.)
- 19 Bow opposites
- 20 Radar meas.
- 21 Like some knives
- 23 Pilot's control
- 25 Kayo count
- 26 Nouveau --
- 30 Resinous deposit
- 32 Pixel
- 34 People in general
- 35 Borrowed car
- 38 "Law & Order" figs.
- 40 Tomahawk
- 41 Save from a landfill
- 42 Spouted lava
- 44 Long sigh
- 45 Horror-film street
- 46 Emphasize
- 47 Univ. staffer
- 49 Weep audibly
- 51 Sell-out sign
- 52 Aquarium scavenger
- 54 Hurried
- 56 Got through
- 60 Spunk
- 63 He "stung like a bee"

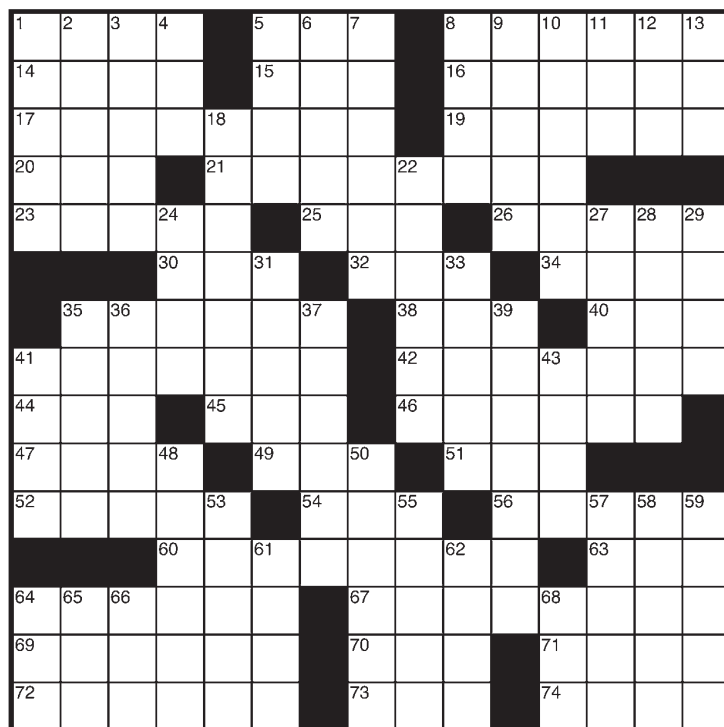
- 64 San Joaquin Valley city
- 67 Early missionaries
- 69 "Our Gang" kid
- 70 RN assistant
- 71 Nail the quarterback
- 72 Commodity from abroad
- 73 Caustic cleanser
- 74 First-aid boxes

Down

- 1 Soil aerators
- 2 All thumbs
- 3 Raw fish dish
- 4 Portland hrs.
- 5 Actor Richard --
- 6 Turn away
- 7 Scorched
- 8 Sculptor's output
- 9 Register for
- 10 Kind of union
- 11 Poet's contraction
- 12 Homo sapiens

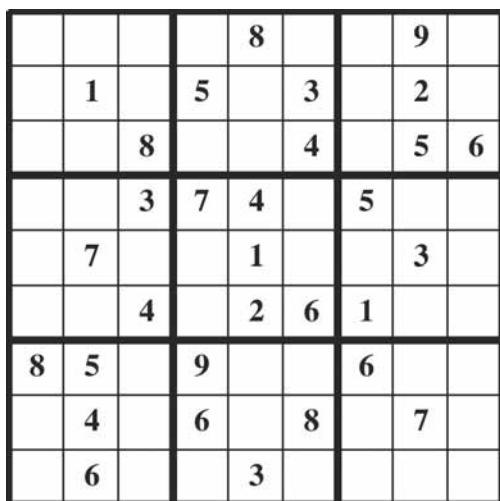
- 13 Mr. Asner et al.
- 18 With suspicion
- 22 Battery terminals
- 24 Potter's medium
- 27 Talks online
- 28 Spells
- 29 Took a look
- 31 Monks' quarters
- 33 Dainty pastries
- 35 Find out
- 36 Sorenstam rival
- 37 Hitchhiking fish
- 39 Horse-drawn carriages
- 41 Knocks firmly
- 43 Menial worker
- 48 Huge flop
- 50 Mrs. Bogart
- 53 The L in LEM
- 55 Frosty
- 57 -- Lama
- 58 Vote in
- 59 Storage media
- 61 Pinhead
- 62 Musical note
- 64 Day of the wk.
- 65 Play bumper-cars
- 66 Sixth sense
- 68 Disapproving cluck

metro.us/crossword

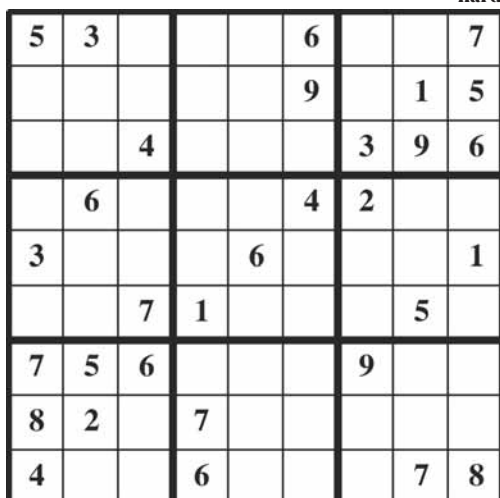


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Share your feelings, but listen to what others have to say as well. Compromise will encourage a chance to make changes that will result in additional benefits.



Taurus If you share your feelings with someone facing similar circumstances, together you will find a way to overcome any dilemma.



Gemini Don't be fooled by a sales pitch or someone trying to take advantage of you emotionally or financially. Be disciplined when it comes to money matters.



Cancer Take a different approach to the way you run your home. Listen to what youngsters have to say. The insight provided will help you make an important decision.



Leo You'll be torn between what you want to do and what you must do. Preparation and organization will give you the chance to keep your promises and fulfill your dreams.



Virgo Look for alternative solutions. Learn from past mistakes. Choose sincerity and integrity over empty promises. Aim for greater stability and a healthier lifestyle.



Libra Don't force your will on others or let anyone take advantage of you. Compromise will lead to the type of equality that you want in your important relationships.



Scorpio Don't get angry when you can get busy. If there is something you want to accomplish, make choices that will allow you the freedom to do so.



Sagittarius If you share your ideas, you'll discover you have more support than you thought. Organize what you want to see happen and pursue your goals with discipline.



Capricorn If you share your thoughts and feelings, it will help clear up any misconceptions someone has about you or your motives. Physical change will boost your morale.



Aquarius It's up to you to bring about change. Go beyond the call of duty to stand out. Use your intelligence and discipline to achieve your goal.



Pisces Your intuition will not let you down. Trust in your gut feeling, regardless of what someone tells you. Concentrate on your goals and personal endeavors. **EUGENIA LAST**

Yesterday's answers									
CLOMP	ASH	SHAWL							
LEDGE	LOA	PARRY							
AGITATION	RUDER								
WOE	BRAND	ATONE							
	BRAS	BUYERS							
BARLEY	FAME								
ONIONS	ALADDIN								
OTTO	NIL	AGAR							
	SEMINAR	CORNER							
	RUTS	COERCE							
ACCENT	SEWS								
RURAL	IOTA	SAD							
AGENA	EARNESTLY								
FUTON	SKI	MOUSE							
TREED	TSP	UPDOS							

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